

WHAT IS CLAIMED IS:

1. An angiotensin converting enzyme inhibitor, which is a composition containing a mixture of a plurality of peptides obtained by digesting fish meat with thermolysin enzyme, and wherein a content of a polypeptide ingredient having a molecular weight of at least 5000 is at most 10 % by weight with respect to a solid portion of the composition.

2. An angiotensin converting enzyme inhibitor according to Claim 1, wherein the composition containing a mixture of a plurality of peptides comprises at least one selected from the group consisting of Ile-Tyr (SEQ. ID. NO. 2),
Phe-Gln-Pro (SEQ. ID. NO. 3),
Ile-Leu-Tyr (SEQ. ID. NO. 4),
Ile-Tyr-Ala (SEQ. ID. NO. 5),
Ile-Lys-Trp (SEQ. ID. NO. 6),
Leu-Lys-Tyr-Pro (SEQ. ID. NO. 7),
Ile-Val-Arg-Asp (SEQ. ID. NO. 8),
Leu-Lys-Pro-Asn-Met (SEQ. ID. NO. 9),
Ile-Trp-His-His-Thr (SEQ. ID. NO. 10),
Ala-Leu-Pro-His-Ala (SEQ. ID. NO. 11),
Ile-Lys-Pro-Leu-Asn-Tyr (SEQ. ID. NO. 12),
Asp-Tyr-Gly-Leu-Tyr-Pro (SEQ. ID. NO. 13), and
Ile-Val-Gly-Arg-Pro-Arg-His-Gln-Gly (SEQ. ID. NO. 14).

3. An angiotensin converting enzyme inhibitor of Claim 1,
wherein the fish meat is a dried fish.

4. An angiotensin converting enzyme inhibitor of Claim 2,
wherein the fish meat is a dried fish.

5. An angiotensin converting enzyme inhibitor of Claim 1,
wherein a residue from extraction of the dried fish with boiled water is
used as the fish meat.

6. An angiotensin converting enzyme inhibitor of Claim 2,
wherein a residue from extraction of the dried fish with boiled water is
used as the fish meat.

7. An angiotensin converting enzyme inhibitor of Claim 3,
wherein the dried fish is a dried bonito.

8. An angiotensin converting enzyme inhibitor of Claim 4,
wherein the dried fish is a dried bonito.

9. An angiotensin converting enzyme inhibitor of Claim 5,
wherein the dried fish is a dried bonito.

10. An angiotensin converting enzyme inhibitor of Claim 6,
wherein the dried fish is a dried bonito.